

MMM...MUFFIN PIZZAS

This is very easy recipe for young children and is an ideal way to get children involved in the cooking. There are different toppings to try, or you can experiment with ideas of your own. The quantities given will make 8 mini-pizzas.

INGREDIENTS

8 white or wholemeal English muffins, split and toasted

For the tomato sauce

1 small onion
1 tablespoon olive oil
1 small tin of tomatoes
Salt and pepper
1 teaspoon sugar
1 dessertspoon tomato puree
1 tablespoon of water
A pinch of oregano or mixed herbs

For the toppings

Stoned black olives
Grated cheddar cheese
Sliced mushrooms
Sliced pepperoni/chorizo
Chopped ham
Tinned tuna fish
Tinned sweetcorn
Sliced pepper
Pineapple chunks

Method

1. Place the oil in a wok or frying pan and heat.
2. Finely chop the onion and add to the oil once hot (beware of spitting oil – it can burn). Cook until softened.
4. Add the tomatoes, tomato puree, sugar, herbs, water, salt and pepper to the onion and cook for a further 5 minutes. Leave to cool once done.
5. Split the muffins and toast until golden brown.
6. Prepare the toppings, ensuring you have plenty of cheese to add.
7. Spread a dessertspoon of tomato sauce on each of the muffin halves.
8. Add a good sprinkle of cheese and then add the toppings of your choice.
9. Place under a pre-heated grill for 5 minutes or until cheese is bubbling.
10. Remove from the grill and enjoy (take care as they will be h-h-h-hot!)

